

Liquid Diet

Go-to foods to get you through



Protein Milk

Skim Milk mixed with skim milk powder.

Hart & Soul Broth

Comes in chicken & beef, season with herbs & spices to keep it interesting

Drinking Yoghurt

High protein yoghurt thinned with skim milk.

Protein Water

Bodiez Protein Water is great, be sure to stick to the Optimum, Vitalise or Powder ranges to minimise the sugar/carb content.

Sugar-Free sports drinks

Endura Rehydration Low Carb Fuel is a great low carb electrolyte sweetened with stevia.

Pre-Op/Protein Shakes

Kicstart/Optifast/Formulite Gives you a complete meal packed with vitamins & minerals.

Home-Made Vegetable Soups

Lentil soup, thinned with bone broth or stock is great & full of fibre & protein.

Thin Home-made Smoothies

Berries, high protein yoghurt & skim milk make a great low sugar smoothie.

Low-Fat cream soups

Mushroom & potato and leek soups are always a winner.

*Add tasteless or unflavoured protein powder to any of these options to up the protein content by up to 15g per scoop.